

Stay Active and Minimize Holiday Stress

Increased spending, visits with extended family and a hectic schedule all contribute to the one unwanted outcome of the holiday season... STRESS! This holiday stress is inevitable for many – so rather than let it take a toll on you, plan for strategies to keep it at bay:

Stay Physically Active

Physical activity, such as walking, is one of the healthiest ways to reduce stress. Try the following:

- When hosting holiday meals, organize a group walk before or after dinner.
- Simply add 10-minute walks, a few times each day, to your routine. Your dog will love you, and you'll feel more relaxed!
- Park in the farthest possible parking space when going to the mall... this will also help avoid the tension associated with finding a parking space in a crowded lot!
- Identify a friend to be your stress reduction partner. You can support one another by taking turns being the motivator for walking throughout the holiday season.

Other Stress Reduction Tips for the Holidays

- Eat healthful foods. Minimize the amount of fat and sugar; make a daily goal of five fruits and vegetables.
- Avoid drinking too many caffeinated beverages
- Avoid too much alcohol – excessive alcohol use can result in increased feelings of depression or hopelessness.
- Get enough rest – shoot for 8 hours of sleep each night.
- Don't overspend. Money worries are a major holiday stressor. Make a detailed shopping list with a realistic budget. Pay with cash instead of credit; this helps to eliminate impulse buying.

Tip from Eat Right Montana

For additional program information, please contact Workforce Health at 262-257-4780 or email us at kcpeck@communitymemorial.com